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A holiday tradition

The annual performance of *The Nutcracker* graced the stage at the Northern Lights Performing Arts Pavilion on Dec. 7 and 8. For more photos, see inside this issue. /TIM YANO Staff photographer

Province green lights health boards' merger

JAMES MATTHEWS
Staff Reporter

Public health units that serve Haliburton County and Peterborough are shacking up together.

The Haliburton, Kawartha, Pine Ridge District public health board and that of Peterborough Public Health will merge Jan. 1. The new health board will meet for the first time in the new year.

Both current public health units will remain operational, with no immediate impact on programs and services provided to the public.

Dr. Natalie Bocking, the HKPR unit's medical officer of health and its CEO, said during the board's Dec. 4 meeting that the total monetary package from the province for the merger's first year is about $10 million. That cash infusion will support the merger directly, catch-up activities, and service improvements to strengthen public health for this region.

Cecil Ryall, Haliburton County's

see MERGER page 2

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Gifts from the Heart is here to help

EMILY STONEHOUSE
Editor

In the hustle and bustle of a small town, we may not often stop to see that our neighbours are hurting.

That's something that Gena Robertson, the executive director of SIRCH community services, wants to fix.

"In 2010, we did a survey in one of our groups, after they paid for their fixed costs, their different bills, what they had left for food," she shared, "and we were absolutely shocked with the results."

Robertson said that these results kickstarted the drive to develop initiatives around low income families, and food security.

And so began SIRCH's community kitchen program, offering hot meals to anyone in need. The program operates with community distribution partners; thirteen to be exact, including health and mental health providers, food banks, subsidized housing providers, and other community services who may know of individuals or families who need assistance.

"This isn't to replace food banks," said Robertson. "It's in addition to that. It's for people who may not have a place to cook a meal, who may be recovering from a surgery, or may be too frail to shop for themselves."

Since 2020, SIRCH has made and distributed over 75,000 healthy meals and soups, and over 15,000 fruit desserts. From April to November of this year alone, they have delivered over 9,950 meals, and 4,570 soups to residents in Haliburton County and North Hastings through partner organizations.

"That is all thanks to donations raised during our Gifts from the Heart Campaigns," said Robertson. "And the need has gone way up."

SIRCH does not receive any government funding for their community kitchen initiatives, and is entirely reliant on fundraising to continue their programs. This year, their goal through Gifts from the Heart, the fundraiser directly aligned with the meals program, is $150,000. Normally, they surpass their target goal, yet this year, they are just past their halfway point, with less than three weeks to go.

"Prices are high, and people are being cautious with their money this year," said Robertson.

She also noted that SIRCH often does a mail-out for the fundraiser, but this year, with the Canada Post strike showing no signs of ending, she believes it may be causing some hiccups in the fundraising process. "I am hoping that there may be some cheques in the mail that we will get later," she said.

If SIRCH does not meet their goal, Robertson says that they've got some tough choices to make. "If we only get a portion, we have to decide where it goes," she said. "Do we shorten the program, or offer it to fewer people?"

While the outcome is uncertain, Robertson is hopeful that the results are favourable in a few weeks time. "We've always made our goal," she said. "People are generous whenever they can be."

To donate to Gifts from the Heart fundraising campaign and SIRCH's community kitchen for those in need, visit www.sirch.on.ca.

A truck full of toys

Kenny Briggs of the Dysart et al Fire Department smiles as he sorts toys and cash donations during their holiday toy drive in downtown Haliburton on Dec. 7. /EMILY STONEHOUSE Staff

Merger is an important milestone: chair

from page 1

representative on the HKPR board and deputy mayor of Highlands East, said there was initial concern about being able to spend some of that money before a March 1 deadline for the opening phase of the merger.

"And if I'm not mistaken, any monies that are not spent could be clawed back," Ryall said. "However, there was some discussion on the possibility they could carried forward as well.

"Is there any feel for the fact that some of that money could be deferred rather than clawed back by the province?"

"The funding letter from the province articulates the commitment to fund 100 per cent merger-related expenditures," Bocking said. "And this isn't necessarily specific to this fiscal year."

The possibility of losing some programming was broached, specific reference was made about HKPR vaccinations.

The unit has six positions vacant because of insufficient base funds. Bocking said those positions are in nutrition, in school health, and vaccine preventable diseases.

"In general, we know that we would be using from reserves," she said. "The province has capped at one per cent, so I would anticipate that we'll have to look at all of our programs to see what services would be impacted. It would be unfair right now for me to say what specific service."

The goal of the merger is to sustain and improve the delivery of public health programs and services across the City of Kawartha Lakes, Haliburton County, Northumberland County, Hiawatha First Nation, Curve Lake First Nation, Alderville First Nation, Peterborough County and the City of Peterborough.

"This is an important milestone bringing both public health units together to form one new organization," said David Marshall, the HKPR board's chairperson.

"Our dedicated and now combined employees of more than 300 public health professionals will continue to work with our communities, partners and stakeholders to protect and promote health and prevent disease within our combined areas to keep our residents healthy."

In a letter to Marshall, Health Minister Sylvia Jones said the ministry expects the health boards to apply any operational efficiencies, including those through reducing full-time equivalent positions.

"Voluntary mergers are a critical part of the work that that the ministry has initiated to strengthen the public health sector and it is our intention that there are no fiscal impacts to municipalities as a result of the merger," Jones said.

She said the move aligns with the plans to optimize the province's health care system and to improve health care outcomes by connecting Ontarians to faster, more convenient care.

Dave Smith, the MPP for Peterborough-Kawartha, said the merger will create a health unit that is large enough to allow succession planning for every staff position, create opportunities for mentorship, professional growth, and provide exceptional healthcare results for the area.

Merging the public health organizations will streamline operations and enhance their ability to deliver comprehensive and efficient services, said Laurie Scott, MPP for Haliburton-Kawartha Lakes-Brock.

"This integration will allow for the expansion of programs and ensure health initiatives will reach more people, fostering healthier communities across our region," she said.

The Ministry of Health announced in August 2023 plans to strengthen the public health sector by offering one-time funding, resources, and supports to local public health agencies that voluntarily merged by Jan. 1, 2025.

In response to the announcement, the HKPR District health unit and PPH boards tapped the Sense and Nous consulting firm to conduct a feasibility study on a potential union.

Both boards then voted to move forward with the merger process in February 2024 and a voluntary merger proposal and budget was submitted to the province on April 2.

According to a press release, the Health Ministry has assured the public health unit that government commits to 100 per cent provincial funding support for this merger with no fiscal impacts to municipalities and First Nations.

The province also, in principle, commits to funding eligible merger expenses in subsequent years.

The new board of health membership will include nine municipal representatives. One of those will come from Haliburton County. It will also include a member each from Curve Lake First Nation and from Hiawatha First Nation.

Peterborough residents became more familiar with public health›s role and leadership during the COVID-19 pandemic, however, the health unit in our community has served us for over 135 years with a wide-reaching scope beyond infectious diseases," said Joy Lachica, the PPH board's chairperson.

"With our friends at HKPR and the generous funding investment by the province, we will sustain and grow public health services for our residents."

Building Hope: a bid for a brighter future at Snowflake Meadows

LISA BUCHER

Special to the Echo

Kristyn Begbie, the owner of Snowflake Meadows Animal Rescue, has started an online auction in hopes of raising enough money for a kennel to support further rescues for local animals in need. /FILE

Driven by a lifelong passion for animals, Kristyn Begbie founded Snowflake Meadows Animal Rescue to save lives and provide second chances. Her early days volunteering at the Humane Society sparked a commitment that grew into a thriving nonprofit dedicated to rescuing animals in need. Now, the rescue is embarking on its next critical step: building a new kennel to create the space needed to save even more lives.

A new kennel offers the space necessary to help more dogs. The proposed unit will cost over $30,000 and is designed to include five kennels. While still short of meeting the community's needs, it is a step in the right direction. With this new kennel, the rescue will be able to care for and rehabilitate more dogs, allowing them to eventually find loving forever homes.

To fund the project, the rescue is hosting an auction until Dec. 16 featuring various donated items. Monetary contributions can also be made via e-transfer or at Haliburton Veterinary Clinic. Every dollar raised will bring the rescue closer to expanding its capacity.

The rescue provides a safe haven for animals and honours Begbie's late mother. Snowflake Meadows carries a legacy that began with a family tradition of predicting the first snowfall each year. After her mother's passing from pancreatic cancer in 2014, she decided to name the rescue after this ritual. "Every animal we rescue is like a snowflake," she says. "Unique, individual, and precious."

One of the lives touched by the rescue is that of Turbo, a young Cane Corso with a heart as big as his frame. Turbo's journey is one of resilience, love, and peace.

When Turbo first arrived, he had severe hip dysplasia, which had gone undetected until he was returned from an adoptive home a year later. An X-ray revealed that his hip had bone-on-bone contact with no surgical options available. Despite his pain, Turbo remained a gentle, loving soul.

Begbie recalls a moment that will stay with her forever. "One day, Turbo didn't get up to share my breakfast like always. He just lay there in the hallway,"she remembers. Sensing something was wrong, Kristyn lay beside him, asking if he was alright. In response, Turbo sighed deeply, placed his paw on her hand, and gave her a soft lick on the nose—a quiet signal that he was ready to let go.

Snowflake Meadows has become a lifeline for animals facing abandonment, owner surrenders, and overcrowded shelters. Currently, the rescue cares for about 50 dogs, some in foster or foster-to-adopt homes. Kristyn credits the rescue's success to the volunteers and collaborators who make it possible to care for these animals.

Begbie, as the primary caretaker, manages day-to-day operations, including feeding, cleaning, and finding creative ways to house dogs when space is tight. "The biggest challenges are time, money, and space," she acknowledges.

Despite the challenges, Kristyn has built a dedicated team of volunteers. Leah Bull, a trainer from Snoop Dawg K9 Balanced Training, provides behavioural support, while Peggy, a devoted volunteer of five years, has become like family. The rescue also collaborates with Haliburton Veterinary Clinic to ensure the health and well-being of every dog.

While Begbie finds her work fulfilling, she acknowledges that knowing she can't help every dog is the most difficult part. "Sometimes, the hardest challenge is turning off my phone and stepping back," she reflects. She receives, on average, 12 calls daily from people looking to surrender their dogs due to a lack of time, financial resources, or understanding of the breed they chose.

Running a rescue organization is costly. Each dog requires about $1,000 for essential care, including spaying or neutering, vaccinations, parasite prevention, and microchipping. Adoption fees are $850 for males and $875 for females.

Begbie often relies on donations and partnerships, like the Kibble Project, to provide food and supplies. However, there still need to be more resources, especially for dogs with special dietary needs.

Snowflake Meadows is dedicated to creating a loving environment and ultimately providing a forever home for every animal it rescues. Through her efforts, Begbie honours her mother's legacy, ensuring more animals can shine like a snowflake in the first snowfall.

For those wishing to support the mission, donations can be made via e-transfer to snowflakemeadowsrescue@gmail.com, or material donations such as food and supplies are always welcome.

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Nordic ski season off to a smooth start

EMILY STONEHOUSE
Editor

The ski trails around the county are up and running thanks to volunteers who packed down the trails early in the snowfall season. /FILE

With the first big snowfall of the season well established around the county, the Haliburton Highlands Nordic Trail and Ski Club Association (HHNTA) has officially opened their trails. And while it may seem early in light of the sloppy winter that graced the Haliburton Highlands last year, president of the HHNTA, Thom Lambert, says otherwise.

"We actually opened around the same time last year," he noted, "but we did have to close around New Year's with the rain we got."

Lambert shared that the opening of the trails is never fully planned, and is always flexible around the conditions. But with the surprise accumulation that the county has received over the past few weeks, both Glebe Park and Twin Lakes trails are open and ready for skiers.

The only issue with this year, is that the ground was not quite frozen upon the dumping of snow. So, with years of experience under their belts, Lambert and the other volunteers at HHNTA set out to pack the trails down, in an attempt to get the ground to freeze. "If you go out as soon as you get snow, and start to pack it down, it allows the frost to get into the ground," he said. "By going out early, we started to freeze some of the wet spots, where the snow had insulated the ground."

With the hope of a good season ahead, Lambert is optimistic about the fact that both Glebe Park and Twin Lakes are open for skiers.

One difference that some returning skiers may notice, is that Moosewoods is no longer available on the trail system through HHNTA. "We had a land use agreement with Alderville First Nation last year," shared Lambert, noting that the property belongs to the Indigenous band of Mississaugas, a sub-nation of the Ojibways.

"We heard in late September of this year that they did not want to renew their land use," he said. "It's a very bittersweet thing. Moosewoods was our most beloved trail, but we are in complete support of reconciliation." Lambert shared that Alderville intends to use the land this year for some traditional Indigenous activities on the Canadian Shield that have not been available to the band members for many years. "We are absolutely, 100 per cent in support of this," he said.

While some may recall that Moosewoods was available last year, the Twin Lakes system was not. That has already changed for the current season, though, and the trails around the Carnarvon property are groomed and accessible. One shining feature of the Twin Lakes trails is that they are dog-friendly, which Lambert says has many people eager to try them out with their furry friends.

As far as what the season is shaping up to be, Lambert still feels uncertain, despite the recent dumping of snow. "It's tough to say looking at the forecast," he said. "Could we have enough snow to survive a small thaw? Maybe." Lambert noted that it's generally not the warm temperatures that could send the ski season into a nosedive, rather, it's the rain.

"We laugh because every few years, we get rainfall on New Year's Eve," chuckled Lambert. "Last year, for the first time in Nordic skiing history, we had our Jack Rabbits program on the grass."

Information on HHNTA memberships, trails, and this season's programs can be found at www.skihaliburton.com.

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Snowmaker settles in at Winterdance

EMILY STONEHOUSE

Editor

"We're ready."

Two words from Tanya McCready, the owner of Winterdance Dogsled Tours in Haliburton.

An optimistic sentiment from a tourism provider who was quite literally stuck in the slush last year.

"We've got our first tour booked for this weekend, which is a week earlier than planned," said McCready, hopeful for the season ahead.

But it wasn't always rainbows and snowflakes for the dogsled provider. As a company that is entirely dependent on the weather to make or break their year, McCready and her business partner, Hank, have toyed with the idea of making their own snow for quite some time.

"We've been looking into a snowmaker for over 20 years," she said. "The conversation comes up every year that we have a bad winter, and after last year, we realized that we couldn't afford not to have one."

McCready said that they began doing a deep dive into the world of snow making five years ago, and it took them over two years to decide it was worth the investment. After doing their due diligence with research, they found a company based out of Quebec, who offered a product that would be large enough to service the entirety of the property around Winterdance.

Haliburton's Winterdance Dogsled Tours is up and running this season, as it held it's first day of tours this past weekend. See www.winterdance.com for information on booking. /FILE

The unit works when it is connected to a large water pump, and chills the liquid as it passes through. "It's not actually little snowflakes," McCready noted, "they're more like man-made snow pellets."

While the process may seem easy, the snowmaker does require a specific temperature and humidity in order to successfully make the flakes. While the maker won't replace Mother Nature, McCready hopes that they can stockpile mounds of snow to access when needed. A whole new meaning to the term "snow banks". "We want to lay down a base like they do at ski hills," she said, "and then we would use that snow to patch areas around the trails."

The dogsledding company welcomes over 2000 guests each winter, and McCready noted that this year already, they have guests booked in from Germany, France, Kazakhstan, England, and the U.S. "It's pretty cool," she chuckled, sharing that they have a large world map hung up each year, with guests encouraged to pinpoint where they are from; resulting in a wealth of pins literally across the board.

With the dire weather last year, Winterdance saw less than half of their regular numbers. "We have to be able to sustain winters here," McCready said. "And yes, we have seen bad winters in the past. These anomalies have happened, but they seem to be happening more frequently."

Upon receipt of the snowmaker, Winterdance received a call from a film production company, eager to try the unit out. "The first time we fired up the snowmaker was to try to help out the movie set at Camp Kandalore, with the working title of *Mysterium*," she shared. "The temperature and humidity didn't cooperate, so we weren't able to make them snow, but it was cool that was the first place we fired it up, and then Mother Nature gave them all that they needed."

The snowmaker is now settled back at Winterdance, ready for the winter ahead. "We're ready for a good season," said McCready, "we're ready to go."

Local health officials join feds against e–cigarettes

JAMES MATTHEWS

Staff Reporter

Public health officials have gotten behind a lobby against youths vaping and flavoured e-cigarettes.

The Haliburton, Kawartha, Pine Ridge District public health unit's board decided to send a letter to Health Canada, throwing support behind the federal department's effort to amend regulations around tobacco and vaping products.

Dr. Natalie Bocking, the unit's medical officer of health, said youth vaping is a public health concern nationally, provincially, and locally. As such, it merits a regulatory response, she said.

"We know that e-cigarette flavours are a key marketing strategy to appeal to youth in particular," Bocking said. "And that's the primary reason that youths are starting vaping or e-cigarettes."

Vaping has often been advertised as a means of smoking cessation. But research has proven a strong link between vaping and the transition to smoking traditional cigarettes.

Bocking said the federal attempt at regulatory reform excluded menthol and mint flavours. Fruity and candy flavours are the focus. The HKPR will in its letter of support recommend that mint and menthol be included in a regulatory change.

"There is evidence that youth are also attracted to mint and menthol flavours as one of the flavours that they choose," she said.

According to a HKPR health unit briefing note, flavoured e-cigarettes play a significant role in a young person's decision to start vaping. Nine out of 10 middle to high school students in 2024 reported using vape flavours, the most popular being fruit, candy, and mint.

Youths who use e-cigarettes are highly susceptible to developing a nicotine addiction, as their still-developing brains may lead them to believe that they need nicotine to feel balanced. Despite having no previous intention to smoke combustible cigarettes, studies have shown that vaping increases the likelihood of smoking onset. Some research suggests that youth who vape are also 3.6 times more likely to start smoking tobacco later in life.

"Research indicates that youth who use e-cigarettes tend to view smoking as less harmful and less addictive compared to those who do not vape," according to the briefing note. "This perception could ultimately cause a shift toward using combustible cigarettes.

According to the Canadian Lung Association, two of three youths ages 12 to 17 years old who vape and smoke began with vaping. The *Canada Gazette* reports more than 99 per cent of e-cigarettes sold in Canada are flavoured, making them particularly appealing due to sweet and fruity flavours that quells nicotine's harsh effects.

"Additionally, documents from the tobacco industry indicate that adolescents and young adults not only prefer flavoured tobacco products, but they are particularly vulnerable to them," according to public health officials.

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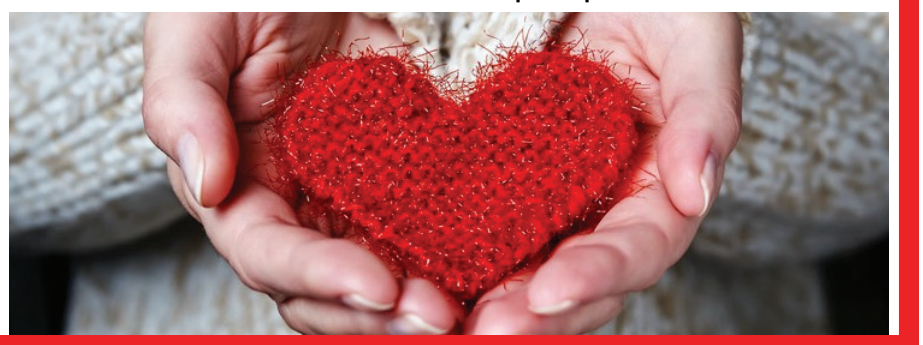

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Editorial

Tapped out

emily stonehouse

"THE NEED HAS gone way up,"

That's what Gena Robertson, the executive director at SIRCH community services, had to say about the state of our community.

Increased need, across the board. This time of year, we are sent a plethora of press releases, generally all revolving around fundraising.

And all incredibly worthy causes. Housing, food, toys for kids to open on Christmas morning. Each organization putting a call out into the community, an ask for help, a tug at the heartstrings.

Many relying on the wholesome generosity that bubbles over the top a little more this time of year.

And I wish I could contribute to each and every one of these causes. I wish it was that easy. I wish, I wish.

But with the need going way up, how do we keep up? How do these organizations keep their heads above water? How do we, the individuals of the community - many with heightened needs ourselves - find ways to help?

Our community is known for its generosity; for its ability to show up, to help those in need.

But I can't help but wonder if this year, are we all feeling a little bit tapped out?

It's no secret that there is a gap between average wages and cost of living.

According to the federal government, wages are expected to increase about an average of 3.6 per cent in the coming year. But this doesn't keep up with the cost of inflation to essential expenses, with a projected cost of living increase of 5.3 per cent.

Quite simply, the basic needs required for a comfortable life are slipping away. Decisions are being made. The arbitrary "people in need" no longer an ambiguous title; folks on the receiving end of a holiday-driven cheque.

Now, they're our neighbours. People we know, people we work with, people we see and engage with every day. Entire communities; whole demographics, age groups, and professions left out to dry.

And really, they always were people we knew. But with the need on a steady uphill climb, the transparency around the realities of making ends meet is coming to the forefront. And while some have different luck than others, many more are feeling the gut-wrenching punch of inflation.

I love the feeling of giving back when possible. Of watching those numbers on a board increase while the community chips away at a common goal for the greater good. But with so many being tapped out on a more regular basis, maybe we need to shift our focus onto those who can help with the big picture. While our provincial and federal governments cannot make point blank, simplified fixes when it comes to cost of living, they do have their hands in the pot, and can intrinsically alter and adjust the burden that has weighed on so many as of late.

Even our local government has the ability to adjust taxes on a smaller level, and while their role may not seem like a part of the big picture, every little bit counts these days.

It's important to remember the discrepancy between average wages and cost of living come election time. These are questions and concerns that we can ask of anyone wanting to represent us in any level of government.

And if we are feeling tapped out, maybe we can find other ways to help right now: stacking wood, delivering hot meals, shoveling someone's long driveway, or even a smile to a stranger who may be hurting. These are small ways we can contribute to the good in our community.

So that one day, it will be easier for everyone.

I wish, I wish.

A few local deer try to keep warm during a recent blizzard in the Haliburton Highlands. /TAMMY NASH

Ladies Night out

The staff from the Bank of Montreal made baked goods for this year's Ladies Night on Dec. 5 in Haliburton. The goodies were sold to raise money foe the Haliburton Highlands Health Services Foundation, and they raised over $500 for the cause. /DAVID ZILSTRA Staff

Staff at Glecoff's Family Store set up drinks and treats for the annual shopping night, hosted by the BIA. /Photo by Joel Friendorf

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points of view

Focus on investing

steve galea

Loon Tales

IF I WERE ever to advise a young person on how to invest their hard-earned money, I would tell them to put it all in the lucrative reading glasses sector.

Full disclosure: I'm not an investment expert. Heck, I once bet that cell phone cameras were just a passing fad.

Having said that, if people my age are any indication, I don't think I'm wrong about reading glasses. This occurred to me the other week when I was discussing reading glasses with my best friend Tom, who is three-score and one. I'm not sure if being three-score and one makes you old, but I am fairly certain that using that phrase does. So too does admitting you had a vigorous discussion about reading glasses.

In any case, Tom commented that he has at least 12 pairs of reading glasses scattered around his house, and another three in his car. But here's the point. As he was relating this, he was on his way to the store to buy more, because he couldn't find any one of those.

I was not surprised. Then again, it's hard to surprise anyone who is three-score and two.

As the conversation rolled along, however, he and I lamented the passing of simpler times. We were specifically talking about the days of our youth, when people used to insult a person with glasses by calling them four-eyes.

If my recent interactions in traffic are any indication, this just shows how far our insults have come. But it also inspired a valuable revelation. You see, Tom and I realized you never hear anyone call another person "four-eyes" anymore. Up till that conversation, I just assumed it was because people have evolved to be nicer.

But now I realize it is because the modern-day insulter is merely math averse.

Take my own circumstance, for example.

If someone saw me wearing reading glasses and called me four-eyes, I'd just laugh and shake my head at them.

The person slinging the insult might then ask, "What are you laughing at?"

I'd tell them that they are seriously mistaken if they believe a person my age has only four eyes. Then I'd divulge that, at last count, I had 71 pairs of reading glasses.

How do I know this? Well, on the weekend, I couldn't find any of them. So, I went to the store and bought another set – and naturally, I found the other 70 pairs as soon as I threw away the receipt.

Now back to our theoretical insulter.

After I disclosed this to him, he would be obliged to do the math if he wanted the insult to hit home. And, frankly, anyone who would call another person four-eyes is, very likely, not adept at math. Also, it's a bad look when you have to pull out your cell phone calculator to figure out what 71 times 4 is.

At this point, most modern-day insulters would just give up.

I suppose this is just another example of how complicated life has become.

But back to my original point. The multiple-score generations buy a lot of reading glasses, quite often when the pair they "lost" is sitting atop their head. Therefore, since our society is aging, reading glasses as a commodity are a great investment.

Anyone can see that. So long as they can find their reading glasses, I mean.

pic *of the* **past**

This photo was taken at Eagle Lake in the early 1950s. Front row: Ernie Bain, Timmie Bain, Grant Wallace and Cathy Wallace. Back row: Cathy Peters, Velda Hobden, Connie Henry, Roger Bain and Karen Barry. /FILE

Thank you to the community

On Nov. 9 Haliburton Youth Unlimited hosted a fundraising concert and auction for the new youth centre they will be opening in the New Year at 2 Victoria Street in Haliburton. They announced the centre is going to be called The Bridge Youth Centre, as they hope to be a place that bridges youth towards healthy community, positive mentors, opportunities for leadership that leads to life giving purpose. They hope to provide youth opportunities to be involved in cooking clubs, and recreational activities, as well as provide a warm and safe place for youth to hang out with peers after school.

Nearly $8000 was was raised by those who attended! The funds will go towards building and operation costs to allow them to run after school programming for local youth.

Program hours will be announced in the new year. For more information please contact haliburton@youthunlimitedkaw.com.

Submitted

A moment to remember

Dianne Hagerman wears a white ribbon as she ties an ornament on a tree in the Sculpture Forest, to honour one of the 14 women murdered at École Polytechnique on Dec. 6, 1989. The vigil was held this past week by the Haliburton branch of Canadian Federation of University Women, and was attended by many to honour the victims of the gendered act of violence. /EMILY STONEHOUSE Staff

Health unit looks back on strategic gains

JAMES MATTHEWS

Staff Reporter

The Haliburton, Kawartha, Pine Ridge District public health unit is taking stock of outcomes from its strategic plan that expires with the end of this year.

The HKPR public health unit's 2019-24 strategic plan came into effect before Dr. Natalie Bocking assumed her role as the unit's CEO and chief medical officer of health.

"But we continued it after I joined the organization and we actually extended it by a year," she said during the unit's Dec. 5 board meeting.

Three core areas of the plan were Lead, Partner, and Deliver. Each of those areas had a goal associated with them to make up the strategic plan.

"In the midst of this strategic plan rollout there was a global pandemic in which we reallocated and rededicated focus toward responding to the pandemic," Bocking said. "So there was significant disruption in the middle with our ability to continue."

The fact that the public health unit was able to successfully respond to the pandemic is testament to the strategic plan's effectiveness, she said.

The plan laid out a four-pillar people strategy to facilitate leadership development, staff health and wellbeing, employee engagement and empowerment, and an organizational culture.

The objective to partner as a means to increase awareness of the role of public health programs and services had an incredible kickstart because of the COVID-19 pandemic.

"The pandemic was almost a silver lining for really propelling this area forward," Bocking said. "It certainly thrust public health into the spotlight."

That increased presence was augmented by the unit's new website, the corporate identity that was developed, and branding guidelines. The unit evaluated its social media presence and drafted communications and engagement plans.

Bocking said the unit continues down a path of refining its planning process.

Next steps haven't been determined yet. Staff held off until the decision was made whether or not the HKPR unit and the Peterborough Public Health unit would merge in the new year.

That merger has been given the green light by the Ministry of Health.

"A merger with Peterborough Public Health is looking at bringing our work forward together with them in a positive way," Bocking said. "The intent would be that we are able to bring what we have learned, our strengths, what we have invested in together to support a new organization."

She said there is a lot of exciting things to share and build on.

"I'm personally incredibly proud of the work that went into the strategic plan," she said. "I firmly believe that strat plans shouldn't necessarily be a document on a shelf. We wanted to ensure that if we were making this commitment then we were implementing it to the best of our ability."

David Marshall, the HKPR board's chairperson, said lauded the unit on the accomplishments over the last four years.

"I think the organization has done a very good job of bringing the strategic plan to life," he said. "Most strategic plans that I've seen, companies a lot of times spent a lot of fanfare putting them together and then not much happens with them.

"Here, clearly, things have happened because you put the time into it. You decided that these things were important and how we're going to do it is to get people involved. That means setting time aside from their regular days' work to do these things."

Cecil Ryall, Haliburton County's board representative and Highlands East's deputy mayor, said he is impressed with the accomplishments derived from the plan.

"Most strategic plans, they've got a lot of motherhood and apple pie," Ryall said. "They have broad statements that virtually anybody can interpret but not a whole lot of real specific measurement with tangible results."

Good deeds

Marc Jones stands in front of Todd's Independent on Dec. 7 during the Fill the Cruiser campaign. The intention is to fill the police car with bagged goods from the grocery store, and the community once again proved how caring and kind they are during the holiday season. /EMILY STONEHOUSE staff

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Merry magic memories

The annual production of *The Nutcracker* was held in Haliburton this past weekend. The dazzling display of colours and costumes wowed a full audience during each performance of the holiday classic. /TIM YANO Staff photographer

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Cole Stichhaller and Christian Clarke bow before their sword fight.

Cole Stichhaller swings his sword at Christian Clarke at the Dual Crowns Swordfighting Open House on Monday, Nov. 25. /THOMAS SMITH Staff

Swordfighting club seeks worthy participants

THOMAS SMITH

Staff Reporter

After seeing a poster at a thrift store in Peterborough, Mark Wight's lifelong adventure in sword fighting began. After attending the event hosted by Blades of Glory based out of Hastings, Wight built his very own suit of armour six months later. He says that he has always been in love with the fantasy genre. Like many kids born in the 90s, Wight grew up playing video games and reading *Eragon*.

After accepting a position with Haliburton Forest and moving to the county, Wight wants to continue his swordfighting journey with others.

This February, Wight started his company Dual Crowns Swordfighting. Dual Crowns Haliburton is a medieval armoured combat and sword fighting club, currently headquartered at Haliburton Forest.

The area of sword fighting is a large and complex world. Historical European Martial Arts (HEMA) is a modern method of swordfighting that uses passing and a face mask similar to fencing gear. However, longswords are used instead of foils.

Medieval armoured combat, Wight's preferred style of swordfighting, has strict rules mandated by the International Medieval Combat Federation. The typical fight that Wight is interested in is one-on-one, hand-to-hand swordfighting armoured combat. However, some fights can have five on five, twelve on twelve, or even twenty-four on twenty-four participant team fights. Swordfighting has many varieties and styles that are still practiced today.

The swords for medieval combat that Wight uses are blunted with a minimum of a two millimeter blunted edge.

Wight assures that the sport of sword fighting and armoured combat is very safe, with the most common injury being bruising from swords catching elusive openings in your armour and small cuts from metal spurs.

A set of armour ranges in weight and style. Some are fully leather, some metal, and some a combination of the two. Armour can weigh between 40 to 90 pounds. Leather has to be around 12 or 13 ounces. Things like chainmail are regulated for safety and must be at least 16 gauge chains, or 1.5 millimetres thick.

The helmet, the most important aspect of armour weighs a whopping 13 pounds. A crucial element to medial armoured combat, a thick and padded helmet protects you from vicious concussions.

At the Dual Crowns Swordfighting Open House held in the seminar building at Haliburton Forest, Wight was joined by Cole Stichhaller and Christian Clarke. Stichhaller and Clarke are experienced medieval combat fighters, coming all the way from the Oshawa area to show off their combat skills with Wight. Wight discussed armoured combat to ten visitors while wearing his leather armour, covered in metal plating.

It takes two to tango.

"It is kind of difficult to do swordfighting by yourself," said Wight. "Generally, you need somebody to swing back at you."

Currently, Wight is left without any sparring partners in Haliburton County, but is actively searching for anyone that is interested in the sport. With the newness of the club, many people do not know that Dual Crowns Swordfighting exists, so Wight hopes that word of the club is spread across the land, in search of anyone wanting to train and take up arms alongside him.

Cole Stichhaller stands for a photo in his armour between rounds of combat.

After the people come to him, the training will commence. Things like footwork, movement, and proper safety techniques will be trained rigorously before anyone will have the chance to don armour or fight with a blade.

The sport does have its limitations. The heaviness of the armour and extensive training fundamentals must be learned before you can spar safely with swords and armour. Wight intends for the club to be molded by the interests of its participants. Wight says that while his favoured method of combat is armoured combat, swordfighting can be done without the heavy armour.

In terms of accessibility, Wight says that he has all the necessary equipment for people to begin training, be it helmets, gauntlets, and a plethora of weapon implements. After falling in love with the sport of medieval combat, Wight says you will quickly get the urge to either purchase your own suit of armour, or make one yourself.

Wight describes a love of history, the connections fighters can make both inside and outside the ring as fueling his burning passion for swordfighting and medieval combat. After becoming involved with the sport in 2015, Wight has seen immense personal growth in his skills and athleticism.

"Any mistakes are immediate," said Wight. "Usually, it is someone hitting you in the head with a sword."

Dual Crowns Swordfighting will begin with offering free lessons for those interested in dipping their toes in the waters of swordfighting. After you are interested, Wight says that club fees will be around $20 per session. For anyone interested in participating, the best method of contact is through Dual Crowns Swordfighting's Instagram or through their website dualcrownshaliburt.wixsite.com/club.

Mark Wight, founder of Dual Crowns Haliburton shows off his gauntlet.

> ***"It is kind of difficult to do swordfighting beside your-self. Generally, you need somebody to swing back at you.***
>
> — Mark Wight

Soon enough, Dual Crowns Swordfighting will take part in fairs, festivals, and events throughout Haliburton County. He hopes that Dual Crowns will be able to put on combat events for the public, as both educational and entertaining sport spectacles.

In the future, Wight is eyeing Haliburton County as the location of the IMCF Team Canada World Qualifier competition, as well as other medieval combat competitions from throughout North America.

Wight dreams that one day, he can lead Dual Crown's medieval combatants and swordfighters from Haliburton County to win gold.

Dual Crowns Swordfighting also offers medieval combat experiences through Yours Outdoors. These experiences will allow you to learn footwork, stances, and experience combat. Using swords, you will also experience a real life 'Fruit Ninja' type experience. For those interested in booking your next birthday, bachelor party, or event, bookings can be made online at yoursoutdoors.ca/medieval-combat.

Highlands East holiday special

Wilberforce held their annual Santa Claus Parade on Dec. 8 through their downtown core. A full line of trucks and floats made their way down the parade route, and waved to crowds of excited parade-goers on the sunny winter day. /TIM YANO Staff photographer

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European Christmas market and dinner raises funds for students

THOMAS SMITH
Staff Reporter

For the past year and a half, teachers Darla Searle and Rebeka Borgdorff have been organizing a trip for high school students to visit European countries including England, Paris, Switzerland and Germany in April of 2025.

"I think any travel is amazing. It gives kids confidence," said Searle. "Travel is the one thing you go into without really knowing the outcome."

This uncertainty results in increased confidence of students, said Searle. This trip will also let students see different cultures, get different perspectives, and step out of their comfort zones.

"I'm all about the food," said HHSS student Hazel Jones. Jones notes that living in Haliburton has a limited diversity of restaurants available and is excited to try new cuisines.

"I'm excited to spend time with my friends," said Hazel. "A lot of my friends are going on this trip and so it's going to be time away from parents. We are going to be exploring together and that is going to be fun."

Annabelle Borgdorff says that unlike Hazel, she will have most of her family accompanying her on the trip as her mother, Rebeka Borgdorff is a chaperone. Annabelle says that she is probably most excited about visiting Paris.

Searle has organized several trips for students, including a Costa Rica trip in 2022. Rebeka Borgdorff discussed with Searle about the benefits of a trip to Paris for students to flex their linguistic skills abroad. Searle thought that Switzerland would be an interesting place to visit as well.

EF Tours offers a 'London, Paris and the Alps' trip. During this journey, students will take a walking tour of London, England and see the sites of Covent Garden, the National Gallery, and Leicester Square. On their third day, students will visit Big Ben and the Houses of Parliament, Piccadilly Circus, St Paul's Cathedral, and Westminster Abbey. On their fourth and fifth days, students will visit Paris and take a river cruise along the Seine and see Place de la Concorde, Champs-Élysées, Arc de Triomphe, Les Invalides, and the Eiffel Tower. On the sixth day, students will travel through the Burgundy region of France. On the seventh, students will take a cruise on Lake Lucerne On their ninth and final day before heading home, students will visit Munich to see the Marienplatz, Munich Cathedral, and the Dachau Concentration Camp Memorial Site.

Annabelle says that she is excited to visit the French monuments that they have discussed in French class, in addition to using her French language skills. Hazel says that visiting Dachau will be a powerful and historical experience for her.

Students have until Dec. 29 to sign up for the trip to ensure tickets and costs are paid for and secured. After that date, additional fees are required.

> ***"I think any travel is amazing. It gives kids confidence.***
>
> — Darla Searle

A fundraising committee for the trip was created between Searle, Rebeka Borgdorff, and some parents.

"European Christmas markets are what you think of when you think of winter," said Searle.

Thus, a European Christmas market and dinner has been planned. The event will take place on Tuesday, Dec. 10 from 4 p.m. to 8 p.m., with the diner being served from 7 p.m. to 8:30 p.m. The four-course dinner will include French onion soup, traditional turkey with stuffing and sides, braised red cabbage, Alplermagronen (A Swiss version of macaroni and cheese), and trifle. All of these foods are inspired by the locations that the students will be visiting in April.

This event is an opportunity for students to volunteer at and earn money towards their trip. For every hour of students' time that they volunteer, a portion of the vendor fees and tickets sold will be given back to students in the form of spending money. While breakfast and dinners are included in the price of the trip, students need to pay for things like their own lunches and anything extra.

"It is not hard for me to show up and do things like dishes and get money for it," said Annabelle Borgdorff. "I like Christmas markets and I like Christmas dinners so to be able to do something fun that benefits me and gets me money for our trip, is a win-win."

"I am excited about it and looking forward to it," said Jones.

Tickets for adults are $50. The HHSS is offering a special rate for youth aged 12 and under as $15 and youth aged 12 to 17 are $20. Tickets can be purchased day-of.

"I want to thank the community for their support in the past," said Searle. "We live in a very generous community. Even if you are not going to come to the dinner, if you could come and support the market from four to eight, that would be excellent."

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Sounds of the season

The Highlands Wind Symphony performed at Lakeside Church on Dec. 8 in Haliburton. The group played a variety of holiday tunes to an excited crowd. /TIM YANO Staff photographer

New project focused on training, mentorship and employment support

Point in Time Centre for Children, Youth and Parents, in partnership with the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) and several organizations representing the Haliburton County Connections Committee are proud to announce the launch of a two-year project commencing Jan. 1, 2025, titled Coming Full Circle: Training, Mentorship and Employment Supports for People with Lived Experience in Haliburton County.

This initiative was funded in an amount of $797,515 from the Canada's Substance Use and Addictions Program (SUAP).

The project aims to build a network of people with lived and living experience of substance use and mental health challenges who are trained, equipped and supported to become peer support workers. These workers will have opportunities to build their own professional and leadership capacity to contribute to health and social system improvements across Haliburton County.

The initiative includes partnerships with community leaders who have already begun to build organizational readiness to harness the expertise of people with lived and living experience. Community partners aim to explore ways to welcome this lived expertise to foster a culture of hope, acceptance, and belonging, and to ensure that local mental health and substance use support services are effective and safe to access.

The project will include utilizing the advice and expertise of those with living experience to explore and plan models of support. These supports will be provided in Haliburton, Minden, Carnarvon, and Wilberforce, and project planners will be looking for people with lived and living experience to consult with as well as explore new space opportunities. If you would like to get involved in this project, please phone or text 705-761-5499.

More information will be available on the Point in Time and CMHA HPKR websites as it becomes available.

"We are grateful to have this exceptional opportunity for training, education and employment supports for people with lived experience, as well as new community spaces and educational initiatives for community leaders," said Marg Cox, Executive Director for Point in Time Centre for Children, Youth and Parents. "We are aware that the pandemic, economics and stress levels have contributed to substance use and we are thrilled to have an opportunity to co-develop supports with people with living and lived experience."

CMHA HKPR will play a primary role in operationalizing the project. Other project partners representing the Haliburton County Connections Committee include Haliburton Kawartha Lakes Pine Ridge District Health Unit, the County of Haliburton Community Safety and Well-Being, Community Living Trent Highlands, Kawartha Lakes Housing Corp, John Howard Society of Kawartha Lakes and Haliburton, PARN - Your Community AIDS Resource Network, and Haliburton Highlands Health Services.

"We know that people who have experienced challenges related to mental health and substance use have unique expertise in navigating systems and services that support their own recovery," said Kerri Kightley, Director of Programs and Services at CMHA HKPR. "This project aims to match that expertise with people who are struggling or who may be hesitant to reach out for help, and work to connect them with services to support their health and recovery. CMHA HKPR is thrilled to be working with Point in Time and our partners in Haliburton County to launch this important work."

"We recognize the tragic toll substance use is taking on families, friends and communities across Canada. Our comprehensive and compassionate approach is about reducing harms and saving lives," said the Honourable Ya'ara Saks, Minister of Mental Health Addictions and Associate Minister of Health. "We are supporting organizations that have deep roots in their communities, have the trust of their clients and have the first-hand knowledge needed to make a real difference in people's lives. We are using every tool at our disposal to end this crisis and build a safer, healthier and more caring future for all Canadians."

Submittted

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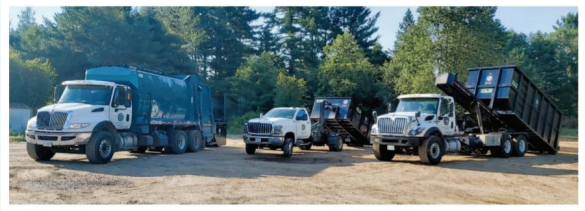
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650 OBITUARIES

In Loving Memory of

Varpu Maarit Siirala-Smith

b. 24 April 1953 Jarvenpaa,Finland.
d. 1 Nov 2024 Whitehorse, Yukon

Lost ... Varpu Maarit Siirala-Smith. She was the most dependable source of guidance & wise counsel, the foundation of our home for many years. As the guardian, heart and soul of our family, her sudden absence has induced a painful awareness that our rock solid matriarch, without fair warning, has physically vanished.

Maarit ('Mama') led a remarkable life which encircled her family (direct & extended) like a warm blanket of safety, security, cheeky humour & abundant TLC. As a child she loved animals, and aspired to be a veterinarian. Years after this childhood dream, Maarit ended up fostering a rotating cast of household pets and sewing countless children's toy animals. While living in Carnarvon, Ontario for 22 years, she- along with two of her siblings, her sister-in-law, and family friend Cathy Senitt operated 'Senitt Dolls and Puppets', creator of Wrinkles the Dog puppet.

Life circumstances led to leaving her home and community in Ontario 18 years ago. In typical fashion, she tackled the challenge of moving to unknown Whitehorse, accepting this change as a timely opportunity in her opinion "for the next generation". She and some of her family made the move to the Yukon in 2006. Here new friendships were nurtured and adventures begun, including her instrumental participation in helping her kids obtain & grow their own family business- Midnight Sun Coffee Roasters. Over the years, anyone who sampled Maarit's unforgettably delicious cooking or baking would attest to her culinary wizardry.

First and Foremost were always her children, grandchildren and pets who all received unconditional love as well as the genuine interest, trust, motherly companionship & support she invested in them. As Walt Whitman said- " We convince with our presence", and Mama's presence was indeed convincing.

Found ... A peculiar peace of mind in knowing that a smiling welcome committee comprised of ancestors, friends, parents and two sisters previously summoned thru the Sacred Veil are greeting and embracing her with open arms. They are no doubt also discovering the mixed blessing of her arrival as their new canasta opponent has brought her smirkingly unbeatable skills to the card table.

As much as we regret her leaving and suffer from our loss, we know that Maarit's brilliant lightness of being has been called to be of assistance on ' the other side'. There's been a clear recognition of her talent for solving problems aligned with an ongoing curiosity and insatiable quest for understanding and justice which was so often demonstrated here in life.

Found also is the realization that our beloved Maarit has finished her mission here- her lifelong goal to complete the creation of a family interconnected by the invisible threads of love, respect and kindness (except at the card table) that she so adeptly wove into all of our lives. Our gratitude is boundless... Kiitos.

She is greatly missed & applauded by her spouse Gord, children Saskia (Eric), Katya (Steve),Micah (Katie), Casey (Matt), Matthew (Mel) and grandchildren : Jacob, Ruby, Finnegan, Emmett, Maggie, Louella, Cora, Sam and Neva as well as brothers Kari and Lauri, in-laws, nieces, nephews and friends…

The love is strong.

Big heartfelt thank you to the EMS folks, Dr. Micaela Coombs & the nursing staff @ WGH.

In lieu of flowers, share a meal & conversation with those you love, like Maarit would.

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650 OBITUARIES

In Loving Memory of

Myrlene Leith Foster (nee Potter)

Passed away suddenly on Monday, December 2, 2024.

Beloved wife of Leslie (Joe) Johnson. Dear mother of Yvette Foster, dear sister of Robert Potter and his wife Elva, Kenneth Potter and his wife Cathy, Katherine Ridsdale and her husband Leslie. Dear aunt of Irwin, Donna, Linda, Mike, Jill, Keith, Lee, Gary and Clare.

It was Myrlene's wish for no services, cremation has taken place.

Memorial Donations to the Ontario Lung Association would be appreciated by the family and can be arranged through the Gordon A. Monk Funeral Home Ltd., P.O. Box 427, Minden, Ontario K0M 2K0.

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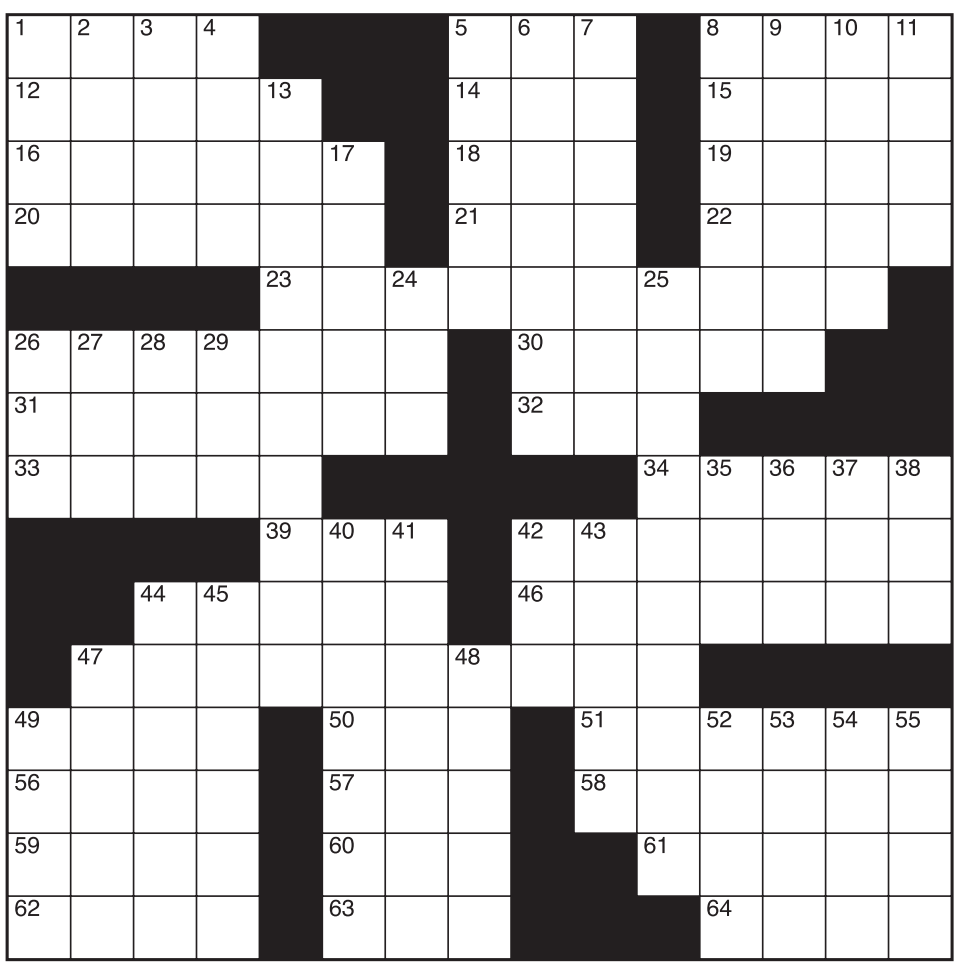

CLUES ACROSS
1. This regulates cortisol production (abbr.)
5. People of northern Vietnam
8. Employee stock ownership plan
12. Regions
14. The center of a city
15. Hindu serpentine deity
16. Roared
18. Sun up in New York
19. "Sir" in Malaysian
20. Shrimp dish
21. Muckraker Tarbell
22. Apex
23. Harmonic effects
26. One of Babe Ruth's nicknames
30. Groups in organic chemistry
31. More pleasant-tasting
32. Spring forward
33. Noted writer
34. Building occupied by monks
39. "The world's most famous arena"
42. Colorless liquid hydrocarbon
44. Long or fast speech
46. Things you can eat
47. Substance in which magnetic moments are not aligned
49. Actor Idris
50. I (German)
51. Taxes
56. Indonesian island
57. Nuisance (slang)
58. Shawl
59. Digits
60. Moved on foot quickly
61. "For goodness __'
62. Facial body part
63. Russian river
64. Urinates

CLUES DOWN
1. Partner to "oohs"
2. Scaly water dweller
3. Pueblo people of New Mexico
4. Music producer Teo
5. Greek mythological goddess
6. Got together to discuss
7. Acquires
8. Involve
9. Some are tomato-based
10. Old Irish alphabets
11. A sheet of glass in a window or door
13. Blood poisoning
17. A moon of Saturn
24. Neither
25. Sums
26. They follow "A"
27. Satisfaction
28. People of southeastern Burma
29. Small amount
35. Guy (slang)
36. Sound unit
37. Midway between northeast and east
38. Affirmative
40. Almost at the top
41. Extremely slow
42. Pearl Jam's debut album
43. Influential mid-century playwright
44. Martens
45. Approval
47. Dallas-adjacent Texas city
48. African nation
49. Dark brown or black
52. A place to get caught
53. Large-headed, elongated fish
54. Type of sword
55. Scottish tax or levy

Answers on page 15

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INSIDE THIS WEEK:

An Echo Welcome
Newspaper introduces new group publisher and general manager

A Hockey Comeback
Ther Red Hawks have got their groove back after 6-1 win over St. Thomas Aquinas

This is Christmas?
Why have we bought into the idea that Christmas is about shopping?

THE ECHO
HALIBURTON COUNTY

Tuesday, December 6, 2005 Vol. 122 No. 49 $1 incl. GST

Curlers need bigger house

MARTHA PERKINS
Editor

For most curlers, a love of the sport is matched by a love of getting together afterwards to rehash the game and socialize.

At the Haliburton Curling Club, this combination of passions has been both its biggest drawing card and, more recently, its biggest challenge.

When the club hosts large bonspiels it's literally standing room only in the clubroom that overlooks the four rinks. There's simply not enough room to host everyone.

So, just as curling has grown in popularity over the past few years, the club now has to grow.

On Saturday afternoon, president Chester Howse unveiled the plans for a 2,800 sq. ft., two-storey expansion. He also joked that club members should have their chequebooks handy. The new addition will cost $400,000.

"We have no choice; we have to expand," Howse told the roughly 60 club members present. "We'll have to do some work and raise some money but I know we can do it."

The club got a big boost from Dysart et al when Reeve Murray Fearrey announced the municipality was kickstarting the campaign with a $100,000 donation.

"Haliburton is growing and it's going to be the greatest place to live in Ontario," Fearrey said. "I want to thank you for being part of this.... It's part of seeing this community grow."

The money will come from Dysart's parks and recreation fund. This is money the munici-

See **New club** page 9

MARTHA PERKINS/Echo

Christmas cuppa
Local Bed and Breakfasts opened their doors on the weekend to share the Christmas spirit and raise money for the local food banks. Visitors were treated to tours of fancifully decorated homes and lots of goodies. Pam Smith's kitchen is appropriately festooned with teacups as she invites Peter Brogden to enjoy a cup of cider. More photos on pages 10 and 11.

Local women missing out on cancer screening

LANCE CROSSLEY
Staff Reporter

Not enough women in Haliburton County and its neighbouring municipalities are getting mammograms.

In fact, only half the women in this region aged 50 to 74 are getting screened for breast cancer, a percentage that does not nearly approach what health experts feel is an ideal target.

"We would like to see 100 per cent of women 50 to 74 getting routine mammography," says Anne Marie Holt, an epidemiologist at the Port Hope office of the HKPR District Health Unit. "The reason for that is that mammography is an effective screening tool for early detection of cancer, which in turn translates into earlier treatment and better outcomes."

The information was detailed in a recent health unit report that discussed cancers occurring in the area served by the Haliburton-Kawartha-Pine Ridge District Health Unit. The findings were first presented at a board of health meeting in November.

The HKPR percentage is only slightly worse than the provincial average (where 56 per cent of women in that age group get mammograms) but the statistic undoubtedly leaves room for improvement. The low breast-screening rate is due in part to that fact that the HKPR district has very few sites with the Ontario Breast Screening Program, a clinic where women are able to book a mammogram as opposed to getting doctor approval. (The closest one to Haliburton County is in

See **County's** page 9

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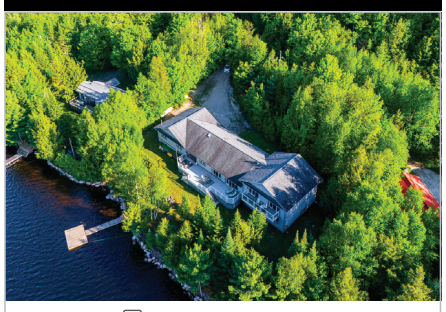

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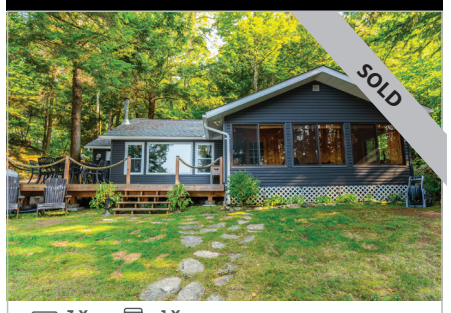

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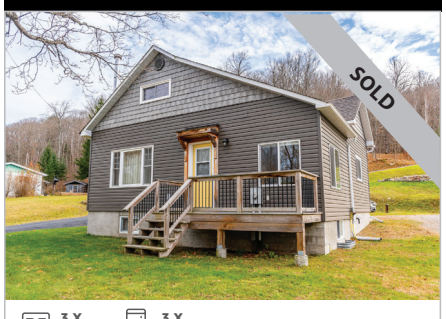

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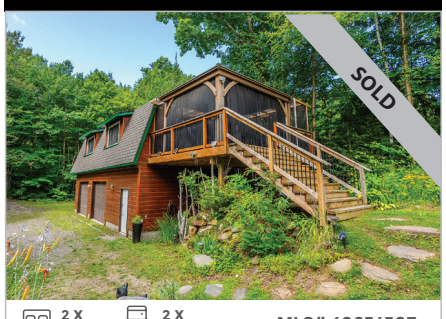

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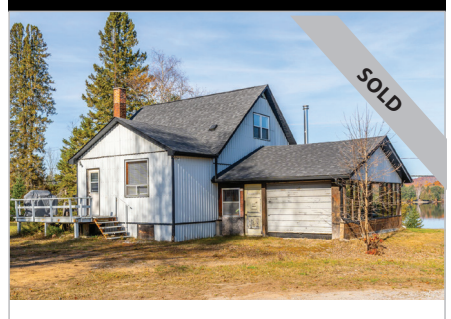

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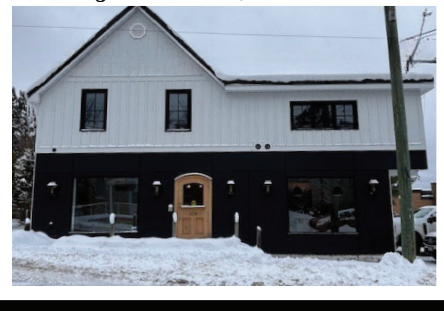

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